

THE NEW UNITED CYCLE STORE IS **NOW OPEN!**

OVER 100,000 SQUARE FEET OF GEAR YOU NEED!

UNITED *Cycle*
SPORT
SINCE 1928

BIGGER. BETTER. ALL FOR YOU!

Experience the gear before you buy it

Pad Fitting Station

NEW



Technical Running

NEW



Shooting Lanes

NEW



Experience one stop shopping. Experience more selection.
Your local Hockey, Bike and Sporting Goods store for over 80 years!

 **Birthday**
SALE 

Birthday Sale Door Crashers
Saturday Aug 15, 2009

Check our website for more information

unitedcycle.com

780.433.1181

7620 Gateway Blvd. NW Edmonton, AB

Come & Experience the NEW

unitedcycle.com

UNITED Cycle

SPORT
SINCE 1928

Skate Department



HOCKEY

Easton Stealth Limited Edition OPS

Sr. Sakic 100 Flex Only
reg. \$149.99

Super Saver \$99.99

Easton Stealth S11

Sr. Grip
reg. \$179.99

Super Saver \$99.99

RBK 9K 1-piece stick

Jr. 50 Flex only
reg. \$189.99

Super Saver \$99.99

RBK 7K Sick Kick 1-piece stick

Sr. 75 Flex Crosby Curve
reg. \$149.99

Super Saver \$89.99

Easton Z-Bubble Shaft

Jr. 50 Flex Only
reg. \$119.99

Super Saver \$49.99

Shooting Lanes



NEW

Goal Department



GOAL

Vaughn Velocity 7700

Sr. Assorted Sizes and Colors
reg. \$2740.47

Super Saver \$2329.39

SWD 9990

Wheel Goal Bag

sr. 43X20X21
reg. \$129.99

Super Saver \$49.99

Reebok 7K Goal Mask

Small, Medium, Large
reg. \$349.99

Super Saver \$289.99

Itech Envy 7 Goal Mask

Sr. Painted
reg. \$639.99

Super Saver \$449.99

Pad Fitting



NEW

Running Department



NEW

RUNNING

Asics 1130

Mens Stable Cushion shoe
reg. \$149.99

Super Saver \$79.99

New Balance 859

Mens & Womens Stability running shoe
reg. \$149.99

Super Saver \$84.99

Nike Air Pegasus (S09)

Mens & Womens Cushion running shoe
reg. \$149.99

Super Saver \$79.99

Asics 2 in 1 Short

Womens Assorted Colors
reg. \$59.99

Super Saver \$30.00

Asics ARD jacket

Mens Assorted Colors
reg. \$179.99

Super Saver \$89.00

Treadmills



NEW

Hockey Days

2009

Experience Hockey Days at United Cycle.
Hockey Days on until September 30, 2009

Metro Homes

Get creative with your cooking tools

pg 9



The world's largest global newspaper

metro

Celebrity Buzz

Spears' boys have potty mouths

pg 14



Mourners unite over fatal car crash

VICTORIA HANDYSIDES
victoria.handysides@metronews.ca

NORTH DAKOTA Family and friends of a father and daughter killed in a North Dakota crash are finding strength in one another in the wake of the tragedy.

"I miss my brother unbelievably, my niece," Cameron Berry said yesterday.

Colin Berry, 43, and his daughter, Rachel Berry, 11, were killed Tuesday when their minivan crashed into a semi-trailer near Grand Forks, N.D. Lizyanet Berry, 43, survived the crash, and is recovering in hospital.

"Her body will heal, but the grief and the injury of heart are going to take a lot of time," Jeremy Putz, pastor of the family's Edmonton church, Central Baptist said.

The Berrys were en route to Toronto, bound for a flight home to Turkey where Colin, who was studying to become a minister, worked within the Christian community.

"I wish I could be with Lizyanet right now. I'm really at a loss of how to handle and deal with it," Cameron said.

Central Baptist Church will hold a special service on Sunday to honour Colin and Rachel. A candlelit vigil may be held later this week, Putz added.

Relating pg 4

Celebrating gay men friends



Fringe gets web savvy

Online ticketing, social networking helping festival reach new heights

FringeFest

YURI WUENSCH
for Metro Edmonton

When Edmonton's Fringe Festival first launched its online ticket purchasing system in 2006, it wasn't without its hiccups. There were technical issues and the Fringe faithful, weaned on live theatre, didn't immediately take to the less tangible purchasing method.

Three years later, squeaky wheel sufficiently greased, the online system is running smoothly for the 28th annual Fringe fest. So much so, says the festival's executive producer, that he only wishes they'd made the switch sooner.

"When I worked for the Winspear years ago, we had already seen the benefit of online ticketing there and it was something the Fringe had talked about doing for a while," recalls Julian Mayne. "My goal was to make it as easy as possible to buy tickets."

While this year's Fringe theme is "Stage a Revolution," Mayne says the festival has probably undergone its biggest evolutionary changes yet thanks to technological adventures like online ticketing and

Festival info

For complete festival information, check out fringetheatre.ca.

the web 2.0 explosion.

As people emerge from plays, he's counting on them to start disseminating reviews via social networking tools like Facebook and Twitter to their friends in town and around the world.

This year, the Fringe qualified for \$414,300 in funding from the federal Marquee Tourism Events Program. The stimulus was established to help marquee events promote tourism and Mayne says the surest way to do that is online.

"Now, a lot of our expenses go towards web development," he says. "Even with our performing acts, we no longer accept artist packages from them; we just have them upload all of their information directly to our website. It alleviates the huge management of



Rob Gee appears in Fruitcake.



Clockwise from top: The cast of City Tensei. Alice Nelson and Jacqueline Russell star in Raunch. Gemma Wilcox stars in The Honeymoon Period is Officially Over.

paper we did before, and it's also better for the environment."

The other area of growth for the festival over the years has been beyond the confines of Old Strathcona. Fringe-goers can now find "Bring Your Own Venue" locations at downtown locations like New City Suburbs and the Avenue Theatre, amongst others.

Mayne isn't too worried about whether Fringe crowds will make it off the Old Scona reservation. They did latch onto that new-fangled ticket thing, after all. "People seem more than willing to support our artists and the distance hasn't seemed to affect things," he says. "The heart of the festival will always be the TransAlta Arts Barns, but there's no reason the

Fringe can't be an all-Edmonton phenomena."

G-Man Confidential

Sterling Lynch

Read Sterling's Fringe Festival blog at metronews.ca/gman



TAKE HI-SPEED INTERNET WITH YOU WITH A ROCKET™ MOBILE INTERNET STICK

CANADA'S FASTEST NETWORK | 3X FASTER THAN ANY OTHER*

*Speed performance claims based on comparing download speed of Rogers 3.5G HSPA network and competitors' 1xEvdo networks within Rogers HSPA coverage area. Speed may vary depending on the handset, topography and environmental conditions, network congestion and other factors. HSPA network not available in all areas. See rogers.com/rocket for coverage details.
 †Trademarks of or used under license from Rogers Communications Inc. or an affiliate. All other brands, names and logos are trademarks of their respective owners. © 2009 Rogers Wireless.

In an effort to support the Canadian Breast Cancer Foundation, artists and performers will be celebrating the 60th anniversary of the People's Republic of China by touring four Canadian cities this fall. The show will be Sept. 13 at the Shaw Conference Centre, ticket prices range from \$25-65, and can be purchased at edmontonchina.com. **METRO EDMONTON**

Chinese performers on tour

Local



Adams to play outdoor show

Bryan Adams will perform live with his band at the outdoor stage at Telus Field on Sept. 4 as part of the Edmonton Oilers Face-Off 2009 weekend. Tickets for the show go on sale Saturday, are priced at \$125, \$99 and \$69, and are available through Ticketmaster. **METRO EDMONTON**



RCMP seek man after robbery

SUSPECT Red Deer RCMP are looking for one man after a robbery-and-assault incident occurred late last week.



Elia Dominic

Elia Dominic, also known as Ice or Kevin, 24, of Red Deer, faces a number of charges, including robbery with a firearm and assault causing bodily harm. **METRO EDMONTON**

New chapter for Soundclash

With old drummer departed, band plays Starlite Room tonight

HARRY HODGE
harry.hodge@metronews.ca

New drummer, new sounds. New Soundclash?

Following the departure of drummer Pat Pengelly, frontman Jay Malinowski and bassist Eon Sinclair are foraging ahead as Bedouin Soundclash begins a new chapter in their musical legacy. The musically eclectic band is set to play the Starlite Room tonight with a horns and percussion section made up of former members of the Pocket Dwellers.

"Over time, being in a band's an intense thing," Malinowski told Metro, not adding much in the way of specifics expect that things seem amicable. "We pretty much reached the end of that chapter."

Bedouin Soundclash re-



Frontman Jay Malinowski, left, and bassist Eon Sinclair will be on the stage tonight at the Starlite Room as part of Bedouin Soundclash.

leased a five-song EP titled *Where Have The Songs Played Gone To?* on June 16 as they gear up for the early 2010 release of their fourth studio al-

bum, the anticipated followup to 2007's *Street Gospels*. The EP features

"We just want people to come out and dance."

Jay Malinowski

B-sides from *Street Gospels* and one new song, *On My Block*, and is available as a special digital release only.

The band's sound can be described as a mix of reggae and ska, and was formed when the members were students at Queen's University in Kingston, Ont., releasing their first album in 2001. The band recently cruised through town opening for No Doubt.

"We just want people to come out and dance," Malinowski said. "It's not a shoegazing thing."

Bedouin Soundclash and Ben Stevenson play tonight at the Starlite Room.

metronews.ca

What's online today.

Video Pending pesticide ban has green thumbs exploring their options at metronews.ca/local

Video Canada's health minister blasts opposition for playing politics with H1N1 virus at metronews.ca/canada



Lotteries

Lotto 6/49: 7, 10, 31, 32, 42 & 47 Bonus 30
These results are not official.

ADVERTISE TODAY!
1 888 91 metro (63876)

Police hunting sex-attack suspect

JASMINE FRANKLIN
for Metro Edmonton

Edmonton police are asking the public to help catch a suspect in a sexual assault case over the weekend.

In the early morning of Aug. 8, a 30-year-old woman was walking in north central downtown Edmonton, where she was offered a ride by a man.

The woman accepted

the ride and was taken to an industrial area in south eastern Edmonton where she was assaulted and sexually assaulted. The woman escaped from her assailant to get help from a passing motorist.

"There's a real inherent danger in getting into someone's vehicle who you don't know," Staff Sgt. Brian Readman said.

The suspect is described as a white male, at least six-feet-tall with a medi-

um build and reddish hair.

He was wearing a black ball cap and thick glasses, and said his name was Brian.

The vehicle was as an old model light-blue pickup truck with a white stripe down the side.

The interior is maroon and there is a tank located in the box of the truck.

Police ask that if the suspect is seen to contact authorities right away.

Winspear Centre Free concert



Duo Majoya, a piano and organ ensemble, play a free lunchtime concert to a packed house at the Winspear Centre yesterday.



can i send online money transfers worldwide and save?

Yes!



\$9 plus 1%* of money sent online only at Scotiabank

With convenience, speed, reliability and now savings**, say Yes! to Western Union®† online at Scotiabank.

- From the comfort of your own home using *Scotia OnLine*® Financial Services
- Available on all online transfers under \$1,000
- 24 hours a day, 7 days a week
- Send to over 334,000 Western Union®† Agent locations worldwide, including Canada and U.S.

Visit www.scotiabank.com/westernunion for details.



* IN ADDITION TO THE TRANSFER FEE, WESTERN UNION ALSO MAKES MONEY FROM THE EXCHANGE OF CURRENCIES. ** Savings based on comparison with former fees through Scotia OnLine® Financial Services. Money transfer fee of \$9 plus 1% of principal is valid for money transfers below \$1,000 on consumer to consumer Western Union Money Transfer transactions from Scotia OnLine® Financial Services. Price offer subject to change without prior notice. Scotiabank is an authorized agent facilitating Western Union Money Transfer®† services but is not responsible for the funds transfer. A Scotiabank Day to Day account is required for a Western Union Money Transfer transaction. †Registered trademark of the Bank of Nova Scotia. ©2009 Western Union Holdings, Inc. All Rights Reserved. All trademarks, service marks and trade names referenced in this material are the property of their respective owners.

Church voices 'mortification' over Berlusconi scandal

Italy's Catholic church feels "unease" and "mortification" at revelations surrounding Prime Minister Silvio Berlusconi, the newspaper of the Italian Bishops' Conference wrote yesterday. Attention focused first on Berlusconi's relationship with 18-year-old model Noemi Letizia, right, to whom he gave a \$8,500 US necklace. **REUTERS**



Canada/World

Beijing **At the top table, three gurus of high finance**



Finance Minister Jim Flaherty gestures in Beijing yesterday as he sits next to the governor of the Bank of Canada, Mark Carney, and Julie Dickson, Canada's superintendent of financial institutions. They were taking part in a news conference at the Canadian Financial Forum. The Canadians hope to spur Chinese investment in Canada's resource and financial service sectors.

UN speaks out against visa rules

IMMIGRATION The United Nations refugee agency is urging Ottawa not to use visa restrictions as a way of reducing the number of asylum seekers, after Canada imposed travellers' visas on visitors from Mexico and the Czech Republic.

"What is important is that the issue of access to protection for those fleeing persecution is given due regard and attention," said Abraham Abraham, UN High Commissioner for Refugees representative in Canada, said yesterday.

The 1951 UN Refugee Convention, to which Canada is a signatory, assures "access to territory" for individuals with justified needs for safety and security, the agency said.

TORSTAR NEWS SERVICES

Scandal over 'impostor' deals a blow to Tories

The federal government was accused of racism yesterday in the scandal over a Canadian woman in Kenya.

It emerged that officials had falsely accused the woman of being an impostor, an act that led to her arrest and jailing.

Critics rounded on the Conservatives with unusual ferocity over the bizarre case — which observers say could damage the party's efforts to capture more votes from influential ethnic communities at the next election.

The story started in May when a passport officer at Nairobi airport refused to let Suaad Hagi Mohamud board a plane on the

"Something is fundamentally wrong when we can't count on the Canadian government to stand up for Canadians"

Dalton McGuinty

grounds that she did not look enough like her passport photo.

For reasons still unclear, the Canadian embassy annulled her passport and then told Kenyan authorities she was an im-

postor.

Mohamud, 31, who spent a week in jail.

And it took two months before she could persuade Ottawa to agree to a DNA test that proved her identity.

Mohamud is from Toronto, a key electoral battleground where the Tories have put in a major effort to win seats.

"Something is fundamentally wrong when we can't count on the Canadian government to stand up for Canadians. I'm not sure I can put it any more directly than that," an unhappy Ontario Premier Dalton McGuinty told reporters yesterday.

REUTERS

Iran speaker rejects prison rape claims

The speaker of Iran's parliament yesterday rejected as "baseless" an opposition leader's accusation that moderates had been raped in jail following their detention in unrest linked to June's disputed presidential poll.

"Based on parliament's investigations, detainees have not been raped or sexually abused in Iran's Kahrizak and Evin prisons," Iran state television quoted Ali Larijani as saying.

Defeated moderate candidate Mehdi Karoubi said some protesters, both men and women, had been raped in prison.

Many of the post-election detainees were held in south Tehran's Kahrizak prison, built to house peo-

IranCrisis

ple breaching vice laws.

At least three people died in custody there. Rights group Amnesty International urged Iran to allow international observers to monitor the trials of more than 100 people accused of involvement in the protests that followed the election.

Washington, its European allies and leading Iranian reformers have rejected the mass trials as a "show."

State radio said 215 of Iran's 290 lawmakers urged Ahmadinejad to reconsider ties with the United States, France and Britain for their "interference" in Iran's state matters.

REUTERS

California **Fight continues**



A gay couple hug in West Hollywood. A California gay rights advocacy group said yesterday that it needed three years to build a coalition to repeal the ban on same-sex marriage in the state, creating a rift in the movement with those who want to go back to the polls next year while anger is fresh.

REUTERS

ACHIEVE YOUR GOALS!

Join now &
pay only

\$39 month
to month

Voted Edmonton's
#1 Fitness Club

Consumers' Choice
Award 2008
For
Business Excellence

CLUBFIT

Call 310-2121 or
visit www.clubfit.ca

NORTHEAST
13746 50 St.
473-5549

NORTHWEST
13543 St. Albert Tr.
473-5800

DOWNTOWN
10303 Jasper Ave.
426-1389

WEST
10403 172 St.
483-6722

SOUTH
3414 Gateway Blvd.
461-6333

Hurry! This Sale Ends Tonight at 10 pm!

*Membership & \$35 Fitness Consultation Fee Applies.

Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

METRO CANADA: TORONTO | OTTAWA | MONTREAL | HALIFAX | EDMONTON | CALGARY | VANCOUVER

Comment

Saluting gay boyfriends

Relating

Sofi Papamarko

metronews.ca/papamarko

have a lot of gay male friends. I'm not exactly sure how I became such a fruit fly, but it probably has to do with the fact that I enjoy being around brilliant, interesting, quirky and hilarious people. And there happen to be an inordinate number of gay men who fit the bill.

When a gay male in your life transcends the confines of ordinary friendship, they become something known as The Gay Boyfriend.

I am lucky enough to have three.

I met Ben in university.

He taught me about wine and men and crème brûlée and The Pet Shop Boys. Ben has the body of a Russian gymnast, but the eyes and smile of a mischievous child on Christmas morning.

He recently moved to Montreal, for work and for love. My life will be decidedly less colourful without him around.

I met Tony during grad school. He's smart, fun and absurdly well read. We share a fascination with French culture and a top-secret love of Evita. He is my karaoke life partner (nobody does Summer Nights like we do Summer Nights). With his artfully mussed hair and routine self-deprecation,

Tony reminds me of an anime hero who hasn't yet realized his superpower.

Last but not least is Phil, my work spouse. He makes me laugh until I cry

on a regular basis and transforms the daily grind into a delight. He has a French bulldog named Francine. He sings soaring solos in a gospel choir. He has a

laugh unlike any you have ever heard. He is one of the best dudes I know.

There are several things that Gay Boyfriends offer that The Boyfriend and/or The Straight Male Platonic Friend often cannot:

1. They find sports boring and would never force you to watch a game.

2. They are more emotional and intuitive than most straight men, so they do not judge you for your occasional "girl moments."

3. They revere Madonna as a demigod (The Gay Boyfriend downloaded her new single Celebration eons before you did. For the record.)

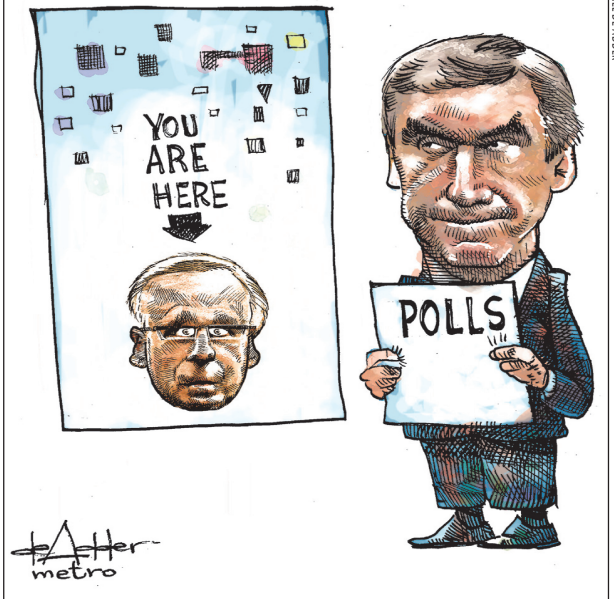
4. They find levity and hope in the most depressing of scenarios.

5. When they pour you a drink, there is no ulterior motive.

6. They have neat shoes. Gay Boyfriends everywhere, consider this your valentine. Bless your brave, brash, jovial, generous, vibrant, filthy, fierce and utterly fabulous hearts.

You are adored.
Cue Celebration.

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.



MICHAEL DE ADOR

Worth mentioning

Russia's vodka love-hate relationship continues

Russian President Dmitry Medvedev called time on the country's vodka tipplers yesterday, saying alcoholism had become a "national disaster."

Medvedev said measures aimed at reducing binge drinking had not reduced alcoholism in Russia, where downing vast amounts of vodka at one sitting is an integral part of national culture.

"If I speak openly, I think that one cannot speak of any change, nothing has changed," Medvedev told a meeting of senior officials in the Black Sea resort of Sochi, according to a copy of his remarks supplied by the Kremlin.

"Alcoholism in our country is a national disaster."

Medvedev said he was shocked by official data showing the average Russian

drank 18 litres (38 pints) of pure alcohol each year.

"When you convert that into vodka bottles, it is simply mind-boggling," Medvedev said.

Doctors believe alcohol-related diseases cause around half of all deaths of Russians between the ages of 15 and 54, a key factor in dire demographic forecasts used in long-term economic growth models.

Just 40 per cent of this year's Russian school graduates are likely to live to the pension age of 55-60, according to World Health Organization figures quoted by Health Minister Tatyana Golikova.

Russia's rulers have had a love-hate relationship with vodka for decades: Happy with the vast revenues that vodka sales bring, but concerned by the social and health problems it leaves behind.

REUTERS

Views

Lashing out at Sudanese 'fashion police'

GlobalView

Mona Eltahawy

metronews.ca/globalview

What would you do if you were out with friends at a coffee shop, the police arrived and arrested you all for being "indecently dressed" — you're wearing trousers — and decided your punishment was a public flogging: 40 lashes each?

Sudanese journalist Lubna Hussein went head-to-head with her country's outrageous "dress code" law in style. She insisted on a trial (10 of the women arrested with her accepted a fine and flogging), showed up in the Khartoum court wearing the very same trousers that got her arrested in the first place and — the cherry on

the cake — she sent out 500 invitations to journalists and activists to come and watch.

Dozens of women, many in trousers, and several men turned out to support Hussein and were promptly tear-gassed and beaten by police. Any doubt on how far Hussein has upended the system in Sudan was laid to rest when the Sudanese regime barred her from travelling to Lebanon earlier this week to give a television interview on her trial.

Hussein's trial resumes Sept. 7.

For years the Sudanese regime had played a cheap game of flaunting its "Islamic principles" over the bodies of women. It has flogged

thousands of both Muslim women and non-Muslim southern Sudanese women for supposedly violating Islamic principles.

Many silently endured the misogyny and injustice; they were poor, socially vulnerable or ashamed. But Hussein has brilliantly used her position and clout to fight back. She is a journalist who knows all about shaping the narrative. She was also a press officer for the United Nations, a position that could have earned her immunity from charges and a flogging, but she chose to resign and fight instead.

And most importantly she is a Muslim woman who knows that a flogging for wearing trousers is

"And most importantly she is a Muslim woman who knows that a flogging for wearing trousers is sheer and utter nonsense ..."

Tell us your views by email to edmontonletters@metronews.ca or comment on metronews.ca or on Twitter @metroedmonton

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

Bell, Telus merger within two years 'very likely,' say analysts

A merger between Bell and Telus is looking "very likely" within the next two years, according to a report from RBC Capital Markets, CBC News Online reports. **METRO NEWS SERVICES**

5

Business

EDITOR: FERMIN.DESOUZA@METRONWS.CA

Microsoft, Nokia join forces against RIM

Microsoft Corp. and Nokia announced an alliance yesterday to bring business software to smartphones to counter the dominance of Research in Motion Ltd.'s BlackBerry.

The alliance between the world's largest software company and cellphone maker means the latest versions of Microsoft's Office applications, including Word, Excel, PowerPoint and messaging, will be available on a range of Nokia handheld devices, which make up 45 per cent

Competition

- The alliance also aims to counter Google's recent move into free online software, aimed at Microsoft's business customers, and the growing popularity of Apple's iPhone device.

of the smartphone market. The companies, at one time fierce rivals in the mobile business, expect to offer Nokia phones running Office sometime next year.

"This is giving some of

our competitors — let's spell it out, RIM — a run for their money," said Nokia executive vice-president Robert Andersson, in a telephone interview. "I don't think BlackBerry has seen the kind of competition we can provide them now."

RIM's BlackBerry created the market for mobile e-mail, and its dominant position in the corporate sector, especially in North America, has protected it from Nokia's attempts to crack the market in recent years.

REUTERS

CPP assets climb in Q1 as market rebounds

PENSIONS Canada Pension Plan Investment Board said yesterday the value of its assets under management rose 10.5 per cent in its first quarter, reversing big losses in 2009, as global markets rebounded.

The CPP board said it had assets of \$116.6 billion at June 30, the end of the first quarter of its fiscal 2010. That's up from \$105.5 billion at its 2009

yearend in March and a sharp reversal of the 14 per cent loss in asset values in fiscal 2009, when sinking global markets battered investments around the world.

The pension fund manager said the \$11.1 billion increase in assets consisted of \$7.6 billion in investment income, with a 7.1 per cent rate of return, and \$3.5 billion in CPP contri-

butions not needed to pay current pension benefits.

"With no need to use current income to pay benefits for another 11 years and with approximately \$28 billion of additional cash inflows anticipated between now and 2019, we will maintain the strategic asset weightings for the portfolio," said the board's chief executive, David Denison.

REUTERS

Business in brief

DOLLAR Canada's currency closed higher versus the U.S. dollar yesterday, snapping a four-day skid, as rises in oil prices and North American stocks helped renew interest in riskier currencies. The dollar handed back some of its gains after the U.S. Federal Reserve said it would slow the pace of its program to purchase long-term debt, but the currency reclaimed the bulk of that drop and secured a comfortably higher close. The dollar closed at \$1.0884 to the U.S. dollar, or 91.88 US cents, up from \$1.1015 to the U.S. dollar, or 90.79 US cents, on Tuesday.

RADIO Sirius XM Radio Inc. said yesterday it would offer \$250 million US in senior secured notes with net proceeds going to repay some of its debt obligations to Liberty Media Corp. Earlier this year Sirius secured millions in financing from Liberty Media Corp., which owns TV home shopping network QVC. Sirius reported a second quarter loss last week due to debt-related charges and a floundering auto industry.

REUTERS

The Population Research Laboratory at the University of Alberta is currently seeking Research Telephone Interviewers. We offer above average wages and a great working environment. Excellent communication skills and a pleasant telephone manner required. You must be able to work a variety of shifts, including weekends.

Please send, e-mail or fax your resume to:

ATTENTION: RESEARCH SUPERVISOR
1-62 HM TORY BUILDING
POPULATION RESEARCH LABORATORY
EDMONTON, AB T6G 2H4

EMAIL: jelhajj@ualberta.ca
WEB: WWW.UALBERTA.CA/PRL
FAX: 780.492.2589



Home Phone Lines

All Features FREE

4 GREAT PLANS TO CHOOSE FROM!

Enhanced	Unlimited Canada	One-Rate	Global
\$14.95 /month UNLIMITED Local Calling	\$19.95 /month UNLIMITED Calling to Canada	\$29.95 /month UNLIMITED Calling to Canada & U.S.A.	\$39.95 /month UNLIMITED Calling to 25 COUNTRIES!
✓ All Features FREE	✓ All Features FREE	✓ All Features FREE	✓ All Features FREE

- ✓ Caller ID
- ✓ Voicemail
- ✓ Call Forwarding
- ✓ Call Waiting
- ✓ Keep Your Existing Phone Number
- ✓ Free Comwave to Comwave calls WORLDWIDE!



LIMITED TIME OFFER

6 MONTHS FREE!

- SATISFACTION GUARANTEED!
- KEEP YOUR EXISTING PHONE NUMBER!

See How Comwave Compares to the Competition...

Home Phone Line	0 Features	5 Features
Rogers	\$21.95 /month	\$30.95 /month
Bell	\$17.95 /month	\$32.95 /month
Yak	\$26.95 /month	\$38.95 /month
comwave	\$9.95 /month	\$14.95 /month

SAVE UP TO \$377 THIS YEAR!



780-665-1805

comwave.ca

Comwave will not rate match against charity or internet services. Handled minute plans or prepaid calling cards due to their inaccurate billing criteria. Unlimited Canada plan does not include calls to the Yukon, Northwest Territories or Nunavut. * Self #1 has certain limitations versus traditional 911. The rates are based on a 1 year term, 4 months free. You get 3 months free immediately upon activation of the service. Get an additional 3 months free if you transfer your existing Home Phone Line to Comwave within the first 3 months. Satisfaction Guaranteed! Within 90 days, if you are not 100% satisfied, you may cancel your home phone service no questions asked. Rates from Rogers and Bell are based on the rates advertised on www.rogers.com May 28, 2009. Rates from Bell are based on the rates advertised on www.bell.ca May 28, 2009. Rates from Yak are based on the rates advertised on www.yak.ca May 26, 2009. Save up to \$377 includes Comwave's 6 months free. The option to keep your existing phone number may not be available in all areas. While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. Terms and conditions apply. See www.comwave.net for details.

The Federal Reserve delivered a vote of confidence in the economy yesterday, saying it would slow the pace of an emergency rescue program as the recession appears to be ending. The central bank also held a key banking lending rate at a record low near zero and pledged to keep it there for "an extended period." **REUTERS**

Trade deficit shrinks; outlook mixed

Canada's trade deficit came in at a much smaller than expected \$55 million in June, but analysts said the shrinkage reflected increased energy exports and that underlying trade weakness will eat into second-quarter gross domestic product figures.

Market operators had on average predicted Canada would run a trade deficit of \$800 million in June after the \$1.1 billion recorded in May. Statistics Canada said yesterday that exports rose for the first time for four months in June, increasing by 2.3 per cent to \$29.29

billion on the back of a 14 per cent leap in energy products. Without the energy sector, overall exports would have fallen 0.5 per cent.

"The trade sector is shaping up to be a drag on the pace of activity in the second quarter after two solid

contributions in the prior six-month period," said Dawn Desjardins of RBC Economics. "We expect a more moderate negative contribution from net trade in the second half of this year as both export and import demand revives."

REUTERS

BoC prediction

- The Bank of Canada last month predicted annualized GDP in the second quarter would fall by 3.5 per cent before growing by 1.3 per cent in the third quarter.

Finning sees profits slide 29% in Q2

MACHINERY Finning International, the world's largest Caterpillar equipment dealer, said yesterday its quarterly profit fell 29 per cent as the weak economy sapped demand in many of the areas where it does business.

The Vancouver-based company, which sells and rents heavy industrial equipment and engines, said it will no longer provide revenue forecasts for 2009 and that it would likely not achieve the forecast it gave for 2009 in late 2008.

Finning said it would focus on cash flow generation and balance sheet liquidity as well as cost reduction initiatives.

It said its second-quarter net income was \$47.8 million, or 28 cents a share. That compares with \$67.2 million, or 39 cents a share, a year earlier.

Analysts had expected a profit of 29 cents a share, according to Reuters Estimates.

Finning said its backlog of equipment orders was worth \$600 million, compared with \$1.7 billion a year earlier.

REUTERS

Manulife buys AIC fund company

TAKEOVER Manulife Financial Corp. said yesterday it has bought AIC Ltd.'s Canadian retail investment fund business, boosting its mutual fund arm in another big-player takeover of an independent fund company.

Manulife, which did not disclose the value of the deal, said the move to buy Burlington, Ont.-based AIC's funds will boost its retail fund assets under management to \$13.7 billion and be "accretive" to earnings, but declined to speculate on how much or when it expects the purchase to add to profits.

The deal is expected to close by Sept. 25, Manulife said.

REUTERS

Business in brief

AVIATION Flight simulator maker and aviation training company CAE Inc. posted a lower quarterly profit yesterday, but results were in line with expectations after stripping out restructuring charges. The company also announced that Robert Brown, its president and chief executive since 2004, will retire at the end of September. Marc Parent, CAE's chief operating officer, will succeed him.

REUTERS

Toss your old home phone. Start saving!

fido 
Giving low prices a good home.

From
\$15 **TALK & TEXT**
per month*
› No System Access Fees
› Per-second billing

Phones at

\$0

With 2-year Fido Agreement



With 3-year Fido Agreement and Data add-on

Fido Cares

1. Text messages to warn you before you exceed your plan
2. Earn FidoDollars™ to change your phone for less
3. No System Access Fees (others charge up to \$6.95 per month)
4. No term contract necessary

Start saving now! Shop fido.ca Drop by a store or call 1-866-301-3436

Offers and pricing subject to change without notice. *A one-time activation fee of \$35 per line applies. Additional airtime, long-distance, roaming, add-ons and taxes are extra and billed monthly. Each plan includes a number of text messages sent from Canada to a Canadian wireless number; text messages received from another mobile phone are free. Charges apply for premium text messages (alerts, messages related to content, contests and promotions). Early cancellation fees apply with a Fido Agreement. ™ Fido & design and FidoDollars are trademarks of Fido Solutions Inc. BlackBerry®, RIM®, Research In Motion®, SureType®, SurePress™ and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Used under license from Research In Motion Limited. All other brand names and logos are trademarks of their respective owners. © 2009 Fido Solutions Inc.

FIDO STORES

Kingsway Garden Mall
Londonderry Mall
Southgate Centre
St. Albert's Centre, St. Albert

EXCLUSIVE DEALERS

AFFORDABLE WIRELESS
Northgate Centre
West Edmonton Mall

CELLULAR BABY
West Edmonton Mall
GENERATION WIRELESS
City Centre
Bonnie Doon Shopping Centre

UNIPAGE
Mill Woods Town Centre
West Edmonton Mall
Londonderry Mall

 FUTURE SHOP

 booth

WIRELESS etc...

 COSTCO

 BEST BUY

 LONDON DRUGS

«WIRELESSWAVE»

 Walmart

Kane to appear before grand jury

The clash with a cabbie that landed Chicago Blackhawks star Patrick Kane behind bars will be before a grand jury tomorrow. The panel will decide whether to bring charges. **METRO NEWS SERVICES**

7

Sports

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Looking to move up

Canadians hoping for a canoe-kayak breakthrough

MATTHEW WUEST

matthew.wuest@metronews.ca

With Lake Banook as its backdrop, Canada's sprint canoe-kayak team is hoping for a historic weekend.

Canada, represented by its largest team yet at the world championships starting today in Dartmouth, N.S., is gunning for a top-three finish in the overall team point standings and is quietly hoping to knock off either Hungary or Germany, traditionally the powerhouse nations at this event.

"One of our goals is some day to be the top (canoe-kayak) nation in the world," said national team head coach Graham Barton.

"One of our goals is some day to be the top (canoe-kayak) nation in the world. This is one of our opportunities to take that step."

Graham Barton, national team head coach

nities to take that step."

Canada's record 42 athletes are among the 1,000 participants from more than 70 countries on Lake Banook this weekend. It will mark the first time Canada has an athlete entered in every event. Traditionally, financial concerns and a focus on the Olympics mean smaller teams are sent to worlds.

While Hungary and Germany are usually the top two nations, Canada battles it out with countries such as Poland, Russia and Spain for the final spot on the

podium.

At the worlds, Canada often finds itself in the fifth- and sixth-place range, while it placed third at the Athens Olympics in 2004 and fourth at the Beijing Games last summer.

"Our team is strong throughout," said Halifax canoeist Richard Dalton. "We're going to have chances to be in the top-five or on the podium in a lot of different events."

"Our team is extremely strong and we're well able to go out and compete with those big countries."

Baseball Strong start, but Jays lose



Ricky Romero of the Toronto Blue Jays pitched six innings of four-hit ball against the New York Yankees yesterday, but it was all for naught as New York pulled out a 4-3 win in 11 innings.

Nadal wins first match of return

TENNIS Rafael Nadal's first singles match after a lengthy injury layoff ended abruptly yesterday when the Spaniard's Davis Cup teammate David Ferrer retired hurt during their second-round encounter at the Rogers Cup in Montreal.

With Nadal leading 4-3 in the opening set and having just broken his opponent for the second time, Ferrer calmly walked over to the chair umpire and said he could not go on after aggravating a left knee injury.

REUTERS

Service Directory

To advertise call 780-702-0592

FINANCIAL



\$500\$
loan service

by phone, no credit
refused, quick and easy,
payable over
3, 6, or 12 installments.

Call toll free:
1-877-776-1660

TAKE A VIDEO BREAK

Visit metronews.ca to watch
metrotube of the day

The video everyone's
talking about.

Need a Mortgage?

Call Nikole 780-916-2492

www.nikolerolof.com

The Mortgage Group



GO BACK in FOCUS.

August 13 - September 20, 2009

SCRATCH up to **50%**
and **WIN** off your entire purchase!

*Discount to be determined at purchase. See in-store for complete details.

AIR OPTIX™
breathable contact lenses*

\$37.20** per box of
Air Optix™
contact lenses

**Offer valid only when purchasing 4 boxes (price includes manufacturing rebate). See in-store for complete details.



A portion of the
proceeds will go to
Juvenile Diabetes
Research Foundation



FVC | West Edmonton Mall
Phase II, Second Level
780.444.1933
1.866.444.1933

FVC | St. Albert
231 St. Albert Centre
780.459.8910

FVC | Fort Saskatchewan
9913 - 103 Street
780.998.4334
1.800.801.2015

Occhiali Eyewear
8115 - 104 Street
780.433.6759

VisionMed
Oliver Village
11208 - 104 Ave.
780.421.0816
1.866.421.3937

Boston's Kevin Youkilis and Detroit pitcher Rick Porcello were suspended for five games each and fined by Major League Baseball yesterday for their roles in a brawl Tuesday in Boston. Youkilis began serving his suspension last night as the Red Sox hosted the Tigers, but Porcello appealed the ruling. **METRO NEWS SERVICES**

'I say bad things at times'

Temper only part of Tiger's game he doesn't have under control

Tiger Woods prides himself on being able to control every aspect of his game, apart from an occasional loose tongue.

The 14-time major champion is the most visible player of his generation on

television and fans have often seen him cursing or slamming clubs after hitting a poor shot.

"It is what it is," world No. 1 Woods told reporters while preparing for today's opening round of the U.S.

PGA Championship at Hazeltine National.

"Unfortunately I do make mistakes and I hit bad shots and I say bad things at times. I don't mean to, it just comes out. It's not something I try and do. It

just happens.

"Have I been trying to get better at that? Yeah, my entire life," said the American, who won his 70th PGA Tour title at the WGC-Bridgestone Invitational on Sunday.

REUTERS



Tiger Woods hits to the practice green during a practice day ahead of the 2009 PGA Championship beginning today at Hazeltine National Golf Club in Chaska, Minn.

ERIC MILLER/REUTERS

Oilers re-sign Smid and Brule, add Ryan Stone

HOCKEY The Edmonton Oilers yesterday re-signed defenceman Ladislav Smid to a two-year contract.

The former first-round pick registered 11 assists in 60 games last season for the Oilers.

"I'm very pleased to have Ladislav signed," said team general manager Steve Tambellini. "He's a very competitive young defenceman that has the ability to contribute in all situations."

Originally taken ninth overall by Anaheim in 2004, Smid was traded to Edmonton following the 2005-06 season as part of the deal for defenceman Chris Pronger. In 202 career games, all with the Oilers, the Czech has registered three goals and 25 points.

The Oilers also announced that they have signed forwards Gilbert Brule and Ryan Stone to one-year, two-way contracts.

METRO NEWS SERVICES

Sports in brief

TENNIS Former world No. 1 Kim Clijsters was one of three players awarded wild cards yesterday into the main draw of the Rogers Cup women's tennis tournament. Canadians Stephanie Dubois and Valerie Tetrault were also awarded wild cards for the main draw, which begins Monday at the York University tennis centre.

COYOTES The NHL is requesting that the judge in the bankruptcy proceedings of the Phoenix Coyotes reject the proposed deposition of Toronto Maple Leafs president Richard Peddie. Jim Balsillie's group wants answers about the Leafs' role in the possible relocation of the Coyotes to Hamilton.

SOCCER Milan is keen to take David Beckham back on loan from the Los Angeles Galaxy in January, the England midfielder's spokesman said yesterday. Beckham won back his place on England's national team during a loan stint at the Serie A club in the second half of last season. **METRO NEWS SERVICES**



Get mortgage advice wherever you are.

- Expert mortgage advice
- We come to you

Our Mobile Mortgage Specialists make getting a mortgage more comfortable.

That's because our Mobile Mortgage Specialists come to you. Days, evenings, weekends, whenever it's most convenient. We'll take the time to help you understand all of your options, and work with you to get

a mortgage that fits your unique situation. Most importantly, our work isn't done until you're entirely comfortable with your decision. It's expert mortgage advice, entirely on your terms.



To find a Mobile Mortgage Specialist today, visit www.tdcanadatrust.com/mobilemortgage or call 1-800-974-2315



Canada Trust

Banking can be this comfortable

A very literal take on a store name

Crate and Barrel was founded in 1962 by newlyweds Carole and Gordon Segal. They would import high-quality items from Europe and, with no budget for fixtures, display them on the crates and barrels that they were shipped in. Thus, the name. **METRO NEWS SERVICES**

Crate&Barrel**9**

Metro Homes

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Crate in Calgary

This fall, Crate and Barrel will open its second Canadian location, in Calgary's Southcentral mall. The Chicago-based retailer's first international store opened in Toronto in 2008. "We are thrilled to open Crate and Barrel in Calgary — a dynamic and growing market," says Barbara Tuft, CEO and president. See Crateandbarrel.ca. **METRO NEWS SERVICES**

Homes in Style

Creative cooking

EMMA YARDLEY
for Metro Canada

A fear of colour can sometimes make kitchens seem sterile and white washed rather than centres of culinary creativity. But before you go out and buy a hot pink gas range, think about other ways injecting colour into your kitchen.

"A pop of colour is always fun but I wouldn't have all my appliances in colour," says Karen Kirk, the Senior Editor of Homes and Gardens at Canadian Living Magazine. "You don't want them to end up in the dump after six months because they're no longer your favorite colour!"

Instead, she suggests experimenting with colour by painting the walls a fun shade or adding a bold set of china and linens to your collection. Another idea is to throw a few fun, candy-coloured cooking gadgets and gizmos into the mix. Little hits of colour complement existing neutral toned appliances and won't make your kitchen look like a packet of Skittles.



This is one occasion when a mousetrap would be a welcome addition to your lunchtime spread. **Fred "Oh Snap!" Mousetrap Cheese Slicer**, \$26.95, Teatro Verde, teatroverde.com.



With an automatic shut-off mechanism, this **Salton eight-cup rice cooker** is ideal for easy meals. It comes with a non-stick rice bowl, a measuring cup and stir-and-serve spatula. \$12, Wal-Mart, walmart.ca.



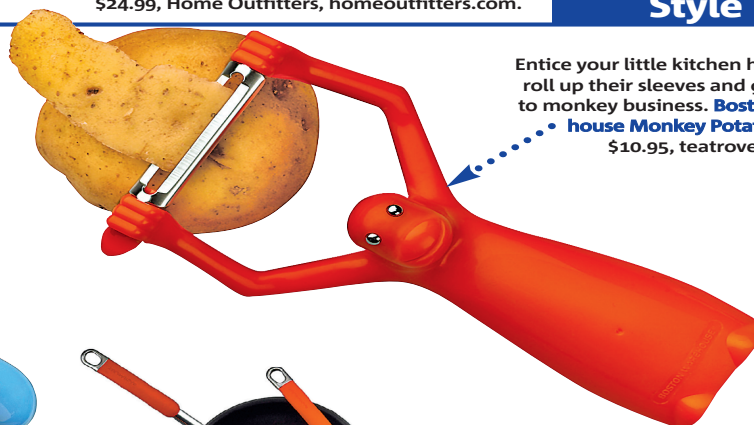
Colour code your baking recipes with this set of **Mod Measuring Spoons**. \$24, Anthropologie, anthropologie.com.

Cool, blue and oh-so retro, snap this magnetic **60-minute timer** to the stove and time travel back the 1950s. \$14, Anthropologie, anthropologie.com.

Taking out the garbage is never fun, but these bright bins might help put a smile on your face when it's your turn. **Five litre Stainless Steel Step Cans**, Wal-Mart, walmart.ca.



Find your own pot of black gold at the end of this coffee press rainbow. **Brazil Three-Cup Coffee Press**, Bodum, \$24.99, Home Outfitters, homeoutfitters.com.



Entice your little kitchen helpers to roll up their sleeves and get down to monkey business. **Boston Warehouse Monkey Potato Peeler**, \$10.95, teatroverde.com.



Following this year's smoking hot colour trend, meals prepared in **Rachel Ray's 10-piece non-stick bright orange aluminum cookware set** are sure to sizzle. \$169.97, Wal-Mart, available in stores nationwide, walmart.ca.



Party punch on tap? Yes, please! **Jericho Glass Beverage Dispenser**, \$130, Urban Barn, urbanbarn.com.



New Teriyaki McChicken®
For a limited time only



At participating restaurants in Western Canada and the Yukon/N.W.T. ©2009 McDonald's

Naturally urban

When it rains, it pours. And when it rains a lot, a lot can go wrong. Erosion of slopes, ruts, driveway pavers loosened and undermined. Gravel washed away. And water seeping into the basement doesn't help things either.

That doesn't even take into consideration the larger environmental damage caused by intensive bursts of dirty urban runoff. It courses down paved streets and concrete sidewalks, picking up oil, litter and dog waste along the way, coalescing quickly into a torrent, and ultimately overwhelming

ing sewers and urban water treatment capacities.

And when the urban sewage and storm water system is inundated with more water than it can handle, storm water can mix with sewage underneath the older parts of the city, and the mess can and often does end up in lakes, river and oceans.

So, it does-

n't take a rocket scientist to figure out that it really does make sense to reduce the amount of water that flows into city sewers.

But how might the average urban dweller do this? For one, by naturalizing the urban space. Here's some pointers:

• **MINIMIZE IMPERMEABLE SURFACING:** Use eco-friendly pavers or wood-

en or recycled material decking that allows water to drain through instead of running off. Or, rather than paving over the whole driveway, consider the old-fashioned two-track method with



vegetation in the middle. Or

make sidewalks narrower if you are redoing them.

• **PLANTING:** When you plant, use a tri-level canopy approach, if possible, to soften rainfall and allow gradual absorption of water.

• **SOIL:** If you've got soil with a high clay content, augment it with sand and organic material. Well-balanced soils absorb water

HomeScape

Sylvia Putz

metronews.ca/homescape



much more readily than clay-rich soils, which drain water very slowly.

• **EAVES:** Disconnect your eavestrough to reduce water going into city sewers as runoff.

• **RAIN BARRELS:** To handle excessive water flow from an eavestrough, consider a rain barrel or cistern for watering at dryer times

• **RUNOFF:** For runoff that must drain onto your property, consider a rain garden, which is a garden specially designed to accept, infiltrate and clean

Lawncare

• Grass is not considered to be "naturalized" because it usually requires a lot of water, but if you must have a lawn, opt for natural lawn-care. That means aerate, leave grass clippings on the lawn and cut grass higher.

water storm water, or a vegetated swale or ditch meant to help absorb and filter runoff. Infiltration trenches or soak-away pits lined with a foot or so of gravel can also help.

• **PLANTS:** Use native plants wherever possible, since exotic plants usually require more care, more water and possibly, more chemical first aid.

• **CHEMICALS:** Minimize chemicals, such as de-icers, oil and pesticides on the land you manage because it will pollute runoff. Fix auto leaks and wash your car at a car wash rather than on the street.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.



Jump on some hoppin' apps.



BlackBerry® Curve™ 8330 smartphone

\$29.99* | \$449.99
(3 year term) (no term)



BlackBerry® Storm™ 9530 smartphone

\$149.99* | \$599.99
(3 year term) (no term)



NEW BlackBerry® Tour™ 9630 smartphone

\$229.99* | \$599.99
(3 year term) (no term)

BlackBerry® apps are the easiest way for you to get a jump on life. From being more productive to figuring out where you should hook up with friends. There's even an app that'll show you how to grill tofu. So how will BlackBerry apps help you make the most of your time? Check them out at telusmobility.com/apps.

TELUS
the future is friendly™

Much more online

For this week's Liquid Assets column by Peter Rockwell, in which he recalls his fondness for good ol' gin and tonics, visit metronews.ca/liquidassets. For Diane Thompson's Global Peasant blog, visit metronews.ca/globalpeasant. **METRO NEWS SERVICES**

Food

Shop for plums with good colour; a full, smooth, relatively heavy feel; and a distinctively "plummy," sweet fragrance.

CANADIANLIVING.COM



No leakage, please

Avoid fruit with shrivelled skin, bruises, brown spots or any sign of leakage.

EDITOR: NINA.DRAGICEVIC@METRONews.CA

Canadian Living magazine is on sale now!

Canadian Living recipe of the month

Bottoms up for plum cake

Plum Upside-Down Cake

Sliced plums in a butter-scotch sauce top this tender cake. Spelt flour, an ancient cereal grain, gives it a nutty hint.

MAKES 9 SERVINGS

INGREDIENTS:

- 12 oz (375 g) large firm ripe prune or purple plums (3 to 6 plums)
- ½ cup (125 ml) packed brown sugar
- 3 tbsp (45 ml) butter, melted

Cake:

- 2/3 cup (150 ml) butter, softened
- 1 cup (250 ml) packed brown sugar
- 3 eggs
- 1 tsp (5 ml) grated orange rind

- 1 tsp (5 ml) vanilla
- 1 1/4 cups (300 ml) all-purpose flour
- 1/2 cup (125 ml) spelt flour
- 2 tsp (10 ml) baking powder
- 1/4 tsp (1 ml) cinnamon
- Pinch each nutmeg and salt
- 2/3 cup (150 ml) milk

METHOD:

Halve and pit plums. Cut each into 6 wedges; set aside. In bowl, whisk sugar with butter until combined. Spread in greased 8-inch (2 L) square metal cake pan; decoratively cover with plums.

Cake: In large bowl, beat butter with sugar until fluffy. Beat in eggs, 1 at a

time. Beat in orange rind and vanilla.

In separate bowl, whisk together all-purpose and spelt flours, baking powder, cinnamon, nutmeg and salt. Stir into butter mixture alternately with milk, making 3 additions of dry ingredients and 2 of milk. Spoon over plums, smoothing top.

Bake in 350°F (180°C) oven until golden and cake tester inserted in centre comes out clean, about 55 minutes. Let cool in pan on rack for 10 minutes.

Run knife around edges of cake; invert onto plate. Scrape any remaining syrupy base over plums. Serve warm or at room temperature.

Food In brief**PERFECT PLUMS**

There are many varieties of plums, some sweet and some acidic. Prune plums and damson plums – both best suited for cooking – star in this delicious recipe.

- Oval purple prune plums have deep flavour. Damson plums are similar looking but much smaller than the purple. Damson plums are extremely tart and are used mostly in cooking and preserves.
- To ripen, keep plums at room temperature, out of direct sun, until skin yields slightly to gentle pressure.
- Ripe plums should be stored in single layer in refrigerator for up to five days.

CANADIANLIVING.COM



Plum Upside-Down Cake

YVONNE DUINEN/OREN PHOTO

NEW MELTED BLT TOASTED TWISTER

Try it today!

**BONUS**Combo includes an **AQUAFINA PLUS+™** 591 ML Vitamin Enhanced Water

Always read and follow the label. Bonus is applicable to the Melted BLT Toasted Twister combo only. While supplies last. No cash value. Product cannot be exchanged for other beverage products. Aquafina Plus+™ - PepsiCo Inc. Used under licence. For a limited time only. At participating restaurants. ® Reg. TM/MC Yum! Restaurants International (Canada) LP; Used under license/Utilisée sous licence. Pepsi® - PepsiCo Inc. Used under licence.

DOUBLE BIG CRUNCH COMBO

\$7.99
Plus tax



Includes 2 Big Crunch sandwiches, 1 individual fries and 1 regular soft drink.

KFC

Redeemable at participating KFC Restaurants. Not valid with any other offer. Prices may vary. Please present coupon when ordering. Coupon expires September 6, 2009. (Code 28)

TWO CAN DINE

\$9.99
Plus tax



SAVE \$6.59

Includes 6 pcs of chicken, 2 individual fries, 2 individual salads and 2 regular soft drinks. **KFC**

Redeemable at participating KFC Restaurants. Not valid with any other offer. Prices may vary. Please present coupon when ordering. Premium charge for white meat where available. Coupon expires September 6, 2009. (Code 27)

TWO CAN DINE

\$9.99
Plus tax



SAVE \$6.59

Includes 6 pcs of chicken, 2 individual fries, 2 individual salads and 2 regular soft drinks. **KFC**

Redeemable at participating KFC Restaurants. Not valid with any other offer. Prices may vary. Please present coupon when ordering. Premium charge for white meat where available. Coupon expires September 6, 2009. (Code 27)

4 PIECE DEAL

\$5.99
Plus tax



SAVE \$3.30

Includes 4 pcs of chicken, individual fries, individual salad and regular soft drink. **KFC**

Redeemable at participating KFC Restaurants. Not valid with any other offer. Prices may vary. Please present coupon when ordering. Premium charge for white meat where available. Coupon expires September 6, 2009. (Code 26)

Style

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

ELLE Canada's fall fashion special!
The top looks, how to wear them,
and where to buy them!



THE SUIT

Modern power dressing



SLIM

Polyester and rayon blazer and skirt, Fullcircle (\$195 and \$125, 1-866-240-2808)

ADVICE Choose a tailored, single- or double-breasted style in matte or shiny menswear fabrics, such as flannel, tweed or wool. The silhouette should be a classic cut with a sharp, defined shoulder.

HOW TO WEAR IT Reinventing the suit just got easy: Slip on a classic turtleneck and top it off with a luxe fur wrap. Sexy ankle boots finish the look.

BOYISH



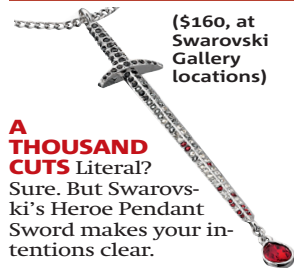
Stretch-wool blazer and pants (\$240 and \$124, at Banana Republic)

PETITE



Polyester and viscose blazer and skirt, RW&CO. (\$88 and \$48, rw-co.com)

Editors' Pick



(\$160, at Swarovski Gallery locations)

A THOUSAND CUTS

Literal? Sure. But Swarovski's Heroe Pendant Sword makes your intentions clear.

Kenya's Style

Kenya Hunt



Exclusively at metronews.ca/globalstyle

To read these stories and more, visit: ellecanada.com

it's a discount-erama.

Feel the joy of getting **\$25 off** any new Koodo mobile phone.

Get \$25 off any new phone.

Now that's a great deal. Get the phone you want for less.

koodomobile.com

Offer valid until September 6th.

Koodo mobile™

Good call



► FUTURE SHOP



Walmart ✱

Zellers

Koodo shop

Edmonton
Edmonton City Centre
Kingsway Garden Mall
Londonderry Mall
West Edmonton Mall

Red Deer
Bower Place

(1) No purchase necessary. Contest ends October 1, 2009. See buildabash.ca for Contest Rules.

BUILD-A-BASH AND WIN!

Enter PE0E9E8 at buildabash.ca for points towards a koodo-rific party.

Rehab the musical?

Amy Winehouse's life could be turned into a musical. The troubled singer's brother Alex Winehouse believes a stage production focusing on their battle with drink, drugs and her failed marriage to Blake Fielder-Civil is a serious possibility. **FEMALEFIRST.CO.UK**

13

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Mangan makes nice

Dan Mangan

Album: Nice, Nice, Very Nice

Label: File Under: Music

Rating: ⓈⓈⓈⓈ

VANCOUVER'S DAN MANGAN has quietly been building a name for himself since releasing his debut in 2007, but expect the chatter to increase in volume with this new release. If you like The Weakerthans or early Hawksley Workman you'll love this record. It's all well crafted singer-songwriter stuff with impressive range. Mangan is able to move from the incredibly infectious sing-along Robots to the sensitive John K. Samson-ish The Indie Queens are Waiting with ease. If anything, he sounds a little too much like some of his influences, but with such strong material no one will care.

Bryan Borzyskowski/for Metro Canada

Mindy Smith

Album: Stupid Love

Label: Vanguard

Rating: ⓈⓈⓈⓈ

MINDY SMITH is a Long Island, N.Y., singer-songwriter who a few years back looked ready to become the next "alt-country" queen with her well-received cover of Dolly Parton's Jolene. On her new CD, Mindy dodges the "roots" bullet by moving her music into — excuse the terminology — the up-scale environs of "adult-alternative." To Canadians, that means a sound uncannily like our own Kathleen Edwards, which is a very good thing indeed. Ironically, it was Edwards who, not too many years ago, was unfairly being touted as the next alt-country queen, a Canadian version of Lucinda Williams. It's nice that the Americans have finally come up with someone who can be compared with Kathleen Edwards. But great songwriting is what it is, defying categorization and deserving an audience.

Graham Rockingham/for Metro Canada

Black Mold

Album: Snow Blindness

Label: Crystal Antz

Label: Flemish Eye

Rating: ⓈⓈⓈⓈ

IT'S RARE

THAT an artist is as celebrated as much for his passionate folk tunes as he is for his ambient musical soundscapes, but that's what's happened to Calgary's Chad VanGalen. His last album leaned more towards the former than the latter, so it's not surprising that he's released an entire album of weird, quirky sounds with nary a vocal melody around. Playing under the name Black Mold, Van-



Galen delivers a strong set of Nintendo-like bleeps, sweeping keyboards and spacey electro sounds. Like his previous instrumental work, this is nearly as catchy and melodic as his more straightforward tunes.

Bryan Borzyskowski/for Metro Canada

Gloriana

Album: Gloriana

Label: Emblem/Warner

Rating: ⓈⓈⓈⓈ

JUST WHAT

NASHVILLE needed — four fresh-faced kids who sing sweet harmonies and fill out their jeans real fine. Two girls and two guys. The guys, of course, hap-



MusicReviews

music@metronews.ca

pen to be brothers (from Utica, N.Y., no less). The girls, of course, are both gorgeous. Not that this is a formula band. We're quite prepared to accept the explanation that they all met up in a bar one night and ... well. With the help of Matchbox 20 producer Matt Serletic, they've put out a rather pleasing country/pop album that at times sounds eerily close to Rumours-era Fleetwood Mac (there were two girls and three guys in that band which, of course, only caused trouble). Although, it tends toward saccharine at times, the music on this debut CD is hard to



Striptease

Channing Tatum used to be a stripper. A sexy video of the then-18-year-old G.I. Joe: Rise of the Cobra star performing a striptease in a Florida nightclub has been leaked online. **FEMALEFIRST.CO.UK**



Vancouver singer-songwriter Dan Mangan displays impressive range on his sophomore album Nice, Nice, Very Nice.

dislike. It would be nice to hear more songs from the group members. The one track written by them, Time To let Me Go, happens to be one of the

strongest on the CD.

Graham Rockingham/for Metro Canada

Listen to this week's reviewed music at metronews.ca/music

critics' corner

Parks and Recreation

Talking to the media does get easier with practice. Leslie (Amy Poehler) invites a reporter to do a story on the park project, but the interview doesn't go well — and it gets worse when she calls in Mark (Paul Schneider) to help. Tom (Aziz Ansari) attempts to score some points with his boss (Nick Offerman). Rashida Jones also stars in "The Reporter." 9:30 PM on KHQ



CSI: Crime Scene Investigation

Catherine (Marg Helgenberger) discovers there may be a connection between Nick's (George Eads) case of a deceased sky diver and a mysterious double murder. Charisma Carpenter ("Buffy the Vampire Slayer") and Greg Germann ("Ally McBeal") guest star in "The Descent of Man"; Laurence Fishburne, Paul Guilfoyle and Eric Szmanda also star. 9:59 PM on KREM CFBN

ED	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	2	CFRN	239 318	etalk	Hollywood	The Listener (N) (DVS)	CSI: NY "Bad Beat"	30 Rock	Parks-Recreat	CSI: Crime Scene	Investgtn.	News
	3	KHQ	- 370	News	Be-Millionaire	Jeopardy!	Wheel-Fortune			The Office	30 Rock	Law & Order
	4	CBXT	- 307	Coronation St.	Jeopardy!	India Reborn (HDTV)				CBC News: The National		The Hour
	6	KREM	- 372	News	Hollywood	The Doctors				CSI: Crime Scene	Investgtn.	The Mentalist
	7	CKEM	241 347	Law & Order: SVU		Law & Order: UK		Big Brother 11		30 Rock	30 Rock	Your City
	8	CITV	240 339	ET Canada	Entertainment	House "The Right Stuff"		Big Brother 11		The Office	The Office	News Hour
	11	OMNI	-	Two/Half Men	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		The Simpsons	King	Metropia
	13	KXLY	- 371	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Who Wants to Be a Millionaire		Grey's Anatomy		Practice
	16	KAYU	- 373	The Simpsons	Raymond	Two/Half Men	Two/Half Men	Bones (HDTV PA)		House "Last Resort"		News
	19	CHTV	-	The Insider (N)	EI News	True Hollywood Story		Name Is Earl	"Til Death	The Beast		CHCA News
news	22	KSPS	- 374	NewsHour With Jim Lehrer		Frank, Dean-Crooners		Midsomer Murders		MI-5 "Persephone"		Soundstage
	24	WTVS	- 364	Motown-Definitive		Motown -- The Definitive Performances (My Music)		CBC News: The National		Tavis Smiley	Charlie Rose (N)	
	15	CBCE	502 -	CBC News: The National		The Nature of Things		EarthWatch Two		CBC News: The National		Nature-Things
	21	TWN	505 398	Generation Islam (N)		EarthWatch One		Generation Islam				Cooper 360
	27	CNN	500 500	CTV News Tonight		Market Call		Headline		Commodities	CTV News	News
	54	CTVN	501 391	Taking Stock		CTV News		Market Call		Commodities	CTV News	News
	70	BNN	504 508	CFL Football Calgary Stampeders at Edmonton Eskimos. (HDTV) (Live)						SportsCentre	Business News	Taking Stock
	20	TSN	400 400	Best Damn Sports Show		Best Damn Top 100 Special		Beach Volley.		Sportsnet Connected		MMA Conn
	23	net	408 418	Jack'd! (N)	Jack'd! (N)	Wrecked (N)	Wrecked	Pimp My Ride		Pinks -- All Out (HDTV)		Jack'd!
	47	SPEED	417 406	Poker Asian Pacific Tour.		Score Tonight		Final Score		Final Score		Final Score
sports	94	SCORE	410 403	Alberta Primetime (Live)		Greek "Spring Broke"		Private Practice		(9:58) Grey's Anatomy		Primetime
	9	EDACC	267 351	iCarly	Drake & Josh	Drake & Josh	Family Biz	Malcolm-Mid.		In Real Life		Falcon Beach
	14	YTV	552 543	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby		Babar	Ni Hao, Kai-lan	Go, Diego, Go!
	42	TOON	555 545	Ben 10	Johnny Test	Jimmy Two	Total Drama	6TEEN		Futurama	Akira (1988, Science Fiction)	
	45	FAM	557 541	Life Derek	Life Derek	Wizards-Place	Han. Montana	Zack & Cody		Latest Buzz	Wizards-Place	Ned's School
	-	TVA	121 714	TVA 18 heures	Sucr��-sal��	D��pens�� xtr	March��	Dr. House (HDTV) (SC)		Mollie "Mollywood" (SC)		TVA 22 heures
	18	CMT	575 583	Reba	Reba	Hope & Faith	Hope & Faith	Tuckerville		Home Improve.	Home Improve.	Reba
	25	A&E	615 520	The First 48 (HDTV)		Crime 360 (HDTV) (N)		Crime 360 (HDTV)		The First 48 "Blindsided"		The First 48
	26	MMM	571 581	mmtop10.ca		Entourage	Gene Simmons	The Daily Fix		Celebrity Rehab With Dr. Drew		Entourage
	29	FOOD	603 561	Jamie's Kitchen		Ace of Cakes	Ace of Cakes	Boys Weekend		Unwrapped		Jamie's Kitchn
family	31	SHOW	617 522	Trailer Park	Trailer Park	The Outer Limits		Love-Death		Criminal Intent (2005, Suspense)		
	32	DISC	520 505	MythBusters		MythBusters		Blue Realm "Shark Divers"		Mighty Ships		Somali Pirate
	33	SLICE	601 562	Last 10	Last 10	Bulging Brides	Bulging Brides	ET Canada		Real Housewives OC		Trading Sp
	34	W	602 567	Style by Jury	Style by Jury	Friends	Friends	Divine Design		Confidential	Save Us-House	Divine Design
	35	TLC	521 560	Police Women of Broward		LA Ink (HDTV) (N)		Police Women of Broward		LA Ink (HDTV)		Lottery-Life
	36	BRAVO	620 523	(6) The Apprenticeship of Duddy Kravitz		Bravonews		Law & Order		Without a Trace "Safe"		The In Crowd
	38	SPIKE	628 584	TNA IMPACT! (HDTV) (N)		NCIS "Bury Your Dead"		Scariest Police Chases 2		MANswers	GameTrailers	MANswers
	40	HIST	522 506	Unlocking the Past		Air Farce	22 Minutes	Sea Hunters		Ancient Discoveries		History
	41	COM	626 547	Laughs	Comedy Now	Science Fiction) Mark Dacascos.		22 Minutes		The Simpsons	South Park	Comedy Now
	43	SPACE	627 528	Alien Agent (2007, Science Fiction)		StarGate SG-1 (DVS)		StarGate SG-1 (DVS)		Star Trek: Next Gener.		Trek: Voyager
cable variety	44	WPCH	294 650	Friends	Friends	The Whole Ten Yards * (2004, Comedy)	Bruce Willis.	Seinfeld		Donnie Brasco (1997)		
	46	OLN	411 457	Survivorman		Bounty Hunter	Bounty Hunter	Survivorman		Survivorman		Ghost Hunters
	48	TROP	619 525	Office Temps		Inside Hollywood		Deal or No Deal Canada		Deal or No Deal Canada		Family Guy
	50	STAR	621 527	Relative Madness		TMZ	etalk	Paris Hilton's My New BFF		Disaster DIY	New BFF	Ellen Show
	52	HGTV	600 546	Disaster DIY	Big Amazing	House Hunters	House Hunters	Disaster DIY		Big Amazing		Handyman
	65	TLN	700 800	(6) Piper (2007, Comedy)		Raymond	Raymond	The Sopranos (SS)		The Sopranos (SS)		Paid Program
	92	APTN	269 350	Warriors: TKO	Wapos Bay	By the Rapids	renegadeexpress	Harrison Ford, Tommy Lee Jones.		Nothing Too Good for a Cowboy ** (1998)		Beatdown
	93	VISION	261 394	Nothing Too Good for a Cowboy (1998, Romance-Comedy)		Beatdown		Poltergeist: The Legacy		Nothing Too Good for a Cowboy ** (1998)		Beatdown
	100	MTV	581 566	True Life		Degrassi: TNG		MTV Live		The Real World		Beatdown
	101	MM	570 580	America's Best Dance Crew		Revue		One Tree Hill		America's Best Dance Crew		Beatdown
cable variety	102	CPAC	512 396	(6:30) Primetime Politics		Passion		Question Period		Prime-Politics	Primetime Politics	
	103	VIVA	526 507	The Closer		Homicide File		Psychic Inv.		Judging Amy		Most Haunted
	106	RDI	126 730	Le T��l��journal (SC)		RDI en direct		Le T��l��journal (SC)		24 Heures en 60 minutes		Le T��l��journal
	161	SUPER		Bollywood Hero		Kabluey *** (2007, Comedy), Teri Garr		Willis Protection * (2008, Comedy)		Undead-Alive		



YOU'VE FOUND THE CLOCK!
Now go to metronews.ca and tell us the page you found this on.

The Time
Traveler's
Wife

IN THEATRES AUGUST 14

RECOMMENDED BY METRO READERS

Top 5 Real Estate Agents

- Mark Wilbert**
"A dynamic young man with bank knowledge and is multi-lingual. Excellent net-worker with great connections."
- Lisa Jordan**
"Lisa always goes the extra mile to help locate the right place for you."
- Nathan Mol**
"Gives great advice. Looks out for you."
- Jen Durstling-Liviniuk**
"Jen is a great realtor! She is patient, knowledgeable, helpful, very thorough and good humoured, knows her job!"
- Al Dredge**
"Al is great because he tried to find the right home for you without pressuring you and he is very easygoing and provides great customer service."

Visit metronews.ca/gigpark for thousands of reader recommendations

Powered by and

14 entertainment

Celebrity Buzz

Potty-mouthed Spears boys

SOAP NEEDED Britney Spears' sons shocked on-lookers by swearing in public, femalefirst.co.uk reports.

The singer took three-year-old Sean Preston and Jayden James, two, to an event for the Teen Choice Awards in Los Angeles last weekend, where the boys repeatedly shouted "oh s—!"

One onlooker told the New York Daily News newspaper: "We were all surprised by their potty mouths, but it was actual-

ly pretty funny."

Spears didn't appear to notice her sons were using offensive words. The onlooker added: "She was too busy picking out freebies to chastise the boys for misbehaving."

Spears, 27, has previously claimed they picked up the foul phrases from their father, her ex-husband Kevin Federline: "I say it, but not around my kids."

METRO NEWS SERVICES

For sale: One live human baby

THE SURREAL While Joel Madden eagerly awaits the birth of his second child with Nicole Richie, some people obviously think he could do with a third. The Good Charlotte frontman recounted on Twitter about being offered a baby while stopped at a red light in his

car. "Today some people in traffic tried to sell me a baby. A live human baby. I didn't know what to say," he wrote. "It all happened so fast. I was trying to figure out if they were serious, and I think when my reaction was not a good one. They just took off."

METRO WORLD NEWS

Brangie spill sexy secrets

TOO MUCH INFORMATION Last week Brad Pitt sent tongues wagging when he told Parade that the secret stone grotto behind the waterfall in his pool is "a great place for sex." Now, his partner Angelina Jolie says that's not their only secret hideaway, us-magazine.com reports.

"Yeah, well, we got a few special places," she told Extra on the red carpet at Pitt's Inglourious Basterds premiere in Hollywood. "You keep it going."

Added Pitt, "It's

not true. We have far more comfortable places to go. There is a grotto there. It's an old Hollywood property... just a few minutes that way... and rumour is Jimi Hendrix spent some time there. That's the story. I run with it."

METRO NEWS SERVICES

Kate wants A-Rod's baby?

RUSHING THINGS? Kate Hudson reportedly wants to have a child with Yankees slugger Alex Rodriguez.

Hudson already has a five-year-old son, Ryder, from her marriage to Black Crowes frontman Chris Robinson.

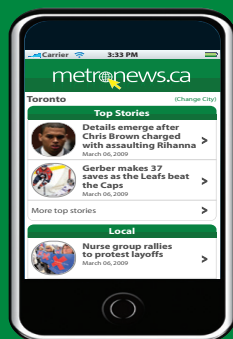
"Kate just

turned 30 and she's ready to have her second child," a source said, according to Hollyscoop. "She wants Ryder to have a sibling, so she brought up the idea to Alex and told him that they would make a beautiful baby together, and that she would assume all financial responsibility."

METRO WORLD NEWS

ViiGO WHERE YOU GO

Now get your daily Metro fix with your web-enabled mobile device:



mobile.metronews.ca | iphone.metronews.ca

vii.go.metronews.ca

KEEPING YOU UPDATED

Dazed And Confused

Most Drivers Lost When Looking For The Lowest Car Insurance Rates

Why Is It So Hard To Find The Best Rates?

The truth is, it isn't as difficult as it seems once you know where to look. It pays to shop around – and car insurance is no different. But with so many insurance companies providing car insurance in Alberta, getting references and competitive quotes from everyone takes too much time, right? Wrong. This is where InsuranceHotline.com can help. InsuranceHotline.com offers an independent, unbiased rate comparison from over 20 insurance companies to find you the lowest rate for your profile. It is fast, safe and FREE.

Does It Really Pay To Shop Around?

Most consumers fail to realize that the rates charged by different insurance companies to insure the same driver, with the same car, for the same coverage, can vary by hundreds and even thousands of dollars. The key to finding the best rate is to figure out which insurance company has the best rate for your particular situation. And with rates varying so wildly across companies, chances are you are not with the company that has the lowest rate for your profile right now.

You Have Nothing To Lose.

InsuranceHotline.com puts you in the driver seat by making insurance companies compete for your business. With quotes from over 20 insurance companies, InsuranceHotline.com is the simplest and easiest way to make sure you aren't overpaying for your car insurance. And it is completely FREE to use. So what are you waiting for?

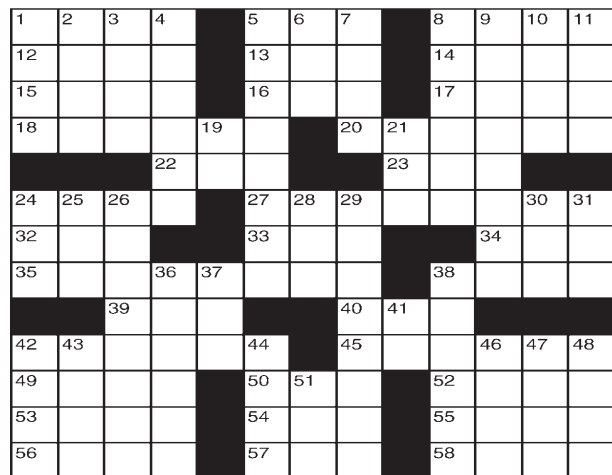
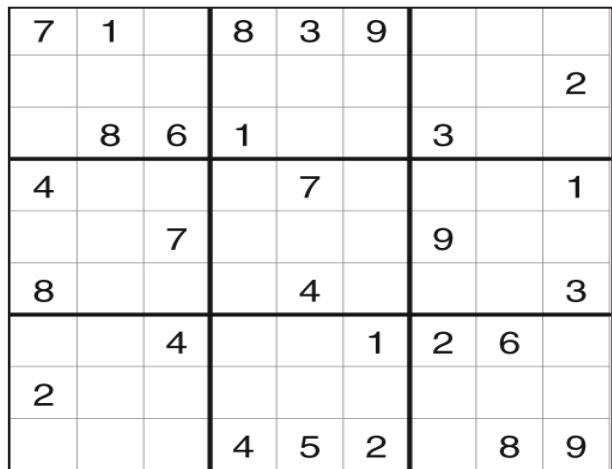
InsuranceHotline.com

Your search engine for the lowest insurance rates

**COMPARE OVER 20 QUOTES in minutes
at InsuranceHotline.com**

**Today**
Lots of rain.
15 °C / 7 °C**Friday**
Partly cloudy.
18 °C / 5 °C**Saturday**
Mostly sunny.
21 °C / 6 °C**BREAKFAST**
TELEVISION**Michele McDougall, Weather Specialist & Host — Breakfast Television**

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes!"

WEEKDAYS AT 6 A.M.**Sudoku**For more/less challenging Sudoku puzzles, visit metronews.ca**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.**ACROSS**1 Bridge coup
5 — de deux
8 Grand tale
12 Caffeine-rich nut
13 Every crumb
14 Doily feature
15 On the rocks
16 Actor Stephen
17 Press
18 Everest guide
20 Empty
22 Have something wrong
23 Accomplished
24 Satan's minions
27 Kiss reminder
32 Earl Grey, e.g.
33 Actress Mendes
34 That woman
35 Baby carriage
38 Check
39 Honest politician?
40 Mimic
42 Kidnapper's demand
45 "You Can't — Again"
49 Clarinet's**DOWN**1 Vail gear
2 Ness, e.g.
3 Sheltered
4 Curtain fabric
5 Lines that fail to meet
6 Hearty brew
7 Balkan native
8 Bring out
9 Eden
10 PC picture
11 Small change
19 Circumference divided by diameter
21 Billboards
24 "MontyPython" opener
25 Citi Field player
26 Excessive suspiciousness
28 "— Got a Secret"
29 Brazil neighbour
30 Greek X
31 Understanding
36 Haunt
37 Writer Buscaglia
38 Prepare leftovers
41 One of the Teletubbies
42 Portrayal
43 Lend an illegal hand
44 Small plateau
46 Hodgepodge
47 Shoppers' site
48 Differently
51 Chaps**PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:**

5	6	7	8	2	9	4	3	1
2	4	9	6	1	3	8	5	7
3	8	1	7	4	5	2	6	9
6	3	5	4	9	1	7	8	2
1	2	8	3	5	7	6	9	4
7	9	4	2	6	8	3	1	5
8	5	6	1	7	4	9	2	3
4	1	2	9	3	6	5	7	8
9	7	3	5	8	2	1	4	6

On the webFor more games and 60 additional daily cartoon strips, visit metronews.ca**Metro Recipe of the Day****Smoked Salmon, Mascarpone and Leek Pizza**

Submitted by Jennifer Rigby, St. Catharines, Ont.

INGREDIENTS:Fresh pizza dough (I buy mine at an Italian market, or make it yourself)
1 large leek, washed and green portions chopped
2 tbsp olive oil
175 g mascarpone cheese (use about 3/4 of container)
150 g package of frozen sliced wild smoked salmon, thawed
Salt and pepper**METHOD:**

Using 1 tbsp oil, sauté leeks in frying pan until soft. Set aside. Roll out dough onto pizza pan. Using remaining oil, coat surface of dough.

Cover dough with sautéed leeks. Then place smoked salmon on top of leeks. I like to slightly overlap the triangular pieces of salmon so it looks like a pinwheel. In the areas not covered by the salmon, us-

Weekly winners

- Exclusive contest for Metro readers! Visit 20minutesupperclub.com/metro and be entered to win a \$50 President's Choice gift certificate to stock your cupboards with delicious PC products. For product information and store locations, visit PC.ca. A weekly winner will be drawn from now until the end of October.

ing a tablespoon, add toonie-sized dollops of mascarpone cheese. Season with salt and pepper.

Bake at 350 F until crust is cooked and cheese is melted. Enjoy with a green salad and a glass of white wine.

SERVES 4**PREP TIME: 20 MINUTES**
COOK TIME: 20 MINUTES20 Minute Supper Club helps you get dinner ready in a snap. Sign up for quick and delicious recipes, cooking and food tips. It's free at 20minutesupperclub.com**Horoscopes by Sally Brompton sallybrompton.com**For Sally's expanded daily and weekend horoscopes, visit metronews.ca**ARIES****MARCH 21-APRIL 20**

Bring a half-hidden problem into the open where it can be discussed and dealt with. Today's cosmic set-up suggests all will be happy with the result.

LIBRA**SEPT 23-OCT 23**

You'll have plenty to say for yourself today and, being such a smooth-talker, you will say it in a way that leaves no doubt as to what you mean.

TAURUS**APRIL 21-MAY 21**

A page has been turned but you're not at the end of the story. What happens today and tomorrow will encourage you to keep on reading — and loving.

SCORPIO**OCT 24-NOV 22**

You need to get to grips with a situation that has drifted on for weeks, months, maybe years. Likely it will mean having to make an unpopular decision.

GEMINI**MAY 22-JUNE 21**

An obstacle will appear in your path today and your first reaction will be to smash through it. That's the right thing to do. This is no time to be subtle.

SAGITTARIUS**NOV 23-DEC 21**

Today you'll have courage to make difficult decisions and take the kind of risks even a Sagittarius would usually seek to avoid. But don't overdo it.

CANCER**JUNE 22-JULY 22**

If you let your suspicions get the better of you today you could miss out on an enjoyable activity. The planets indicate there's no need to be defensive.

CAPRICORN**DEC 22-JAN 20**

If your current environment doesn't feel right then by all means get up and go some place else. There's no law that says you have to stay.

LEO**JULY 23-AUG 23**

It doesn't matter that you fought with certain folks in the past. All that matters is you're on the same side now — and if you're not, you should be.

AQUARIUS**JAN 21-FEB 18**

Mars and Jupiter, the planets that get things done, cut across the most dynamic angles of your chart today. Aim to start your day early and finish it late.

VIRGO**AUG 24-SEPT 22**

You may think you know what is good for others, but they must learn from their own mistakes. When others tried to tell you how to live, did you listen?

PISCES**FEB 19-MARCH 20**

Sometimes you lose direction and forget what all your efforts are for. Today, though, your aims are crystal clear. Keep that clarity as long as you can.

WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

© 2009 United Feature Syndicate, Inc.

- Golfer Trevino's golf pegs (1)
- Wacko's gimme-length golf shots (1)
- Golf course units' flagsticks (1)
- College head's rolled golf areas (1)
- Chap's number of golf shots taken (1)
- Pool jackknife performer's 1 woods (2)
- Golf sand traps' old jalopies (2)

ANSWERS: 1. FAT CAT 2. DOUBLE TROUBLE 3. HOLE IN ONE 4. DRAINS GREENS 5. BLOOMER STRIPS 6. PUTTERS 7. BUNKERS 8. CLUNKERS

FLIGHT CENTRE *Unbeatable***Honolulu Air + 7 Nights****\$699**

FROM

+ taxes & fees \$140

INCLUDES Waikiki accom. **ADD** underwater shark cage viewing from \$151.**1 866 318 7810 | flightcentre.ca**

Conditions apply. Ex. Edmonton. Package price is per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change.

ADVENTURE!**Teach English Overseas**

TESOL Certified in 5-Days

In-Class or Online NO DEGREE REQUIRED!

1-888-270-2941**FREE Info Seminar Every Tuesday @ 7pm****Job Guaranteed**

10037B-82 Ave.

globaltesol.com

Eric Bana
Rachel McAdams
**The Time
Traveler's
Wife**

From The Acclaimed Bestseller

YOU COULD

WIN
A
**MEN'S AND LADIES
WITTNAUER
WATCH!**



**Look in Metro for
the hidden clock**



**then visit
metronews.ca
to tell us the
page you found
it on for your
chance to win!**

NEW LINE CINEMA PRESENTS
A PLAN B/NICK WECHSLER PRODUCTION
A ROBERT SCHWENTKE FILM
RACHEL MCADAMS ERIC BANA
"THE TIME TRAVELER'S WIFE"
ARLISS HOWARD RON LIVINGSTON
CASTING BY DEBORAH AQUILA, CSA AND TRICIA WOOD, CSA
MUSIC BY BOB BOWEN COSTUME DESIGNER JULIE WEISS
EDITOR THOM NOBLE PRODUCTION DESIGNER JON HUTMAN
DIRECTOR OF PHOTOGRAPHY FLORIAN BALLHAUS
EXECUTIVE PRODUCERS BRAD PITT RICHARD BRENER MICHELE WEISS JUSTIS GREENE
PRODUCED BY NICK WECHSLER DEDE GARDNER
BASED UPON THE NOVEL BY AUDREY NIFFENEGGER
SCREENPLAY BY BRUCE JOEL RUBIN DIRECTED BY ROBERT SCHWENTKE

NEW LINE CINEMA
A Line Film Company
THE NAME OF THE NEW LINE PRODUCTIONS, INC. ALL RIGHTS RESERVED.
ALLIANCE
www.TheTimeTravelersWifeMovie.com
www.AllianceFilms.com

IN THEATRES AUGUST 14

No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes August 17, 2009 at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca



WITTNAUER
SWISS

metro

Experience one stop shopping. Experience more selection.

Bike Department



Specialized Fuse 3

2008
reg. \$469.99

Super Saver \$249.99

Trek 7200

2009 Comfort Hybrid
reg. \$629.99

Super Saver \$499.99

Norco Scorchers

2009
reg. \$319.99

Super Saver \$249.99

Specialized P2 Chromo

2006
reg. \$999.99

Super Saver \$449.99

Specialized and TREK T-Shirts

Assorted styles and sizes
reg. \$24.99

Super Saver \$4.99

Axiom Town n Country

Pennier Bags
reg. \$59.99

Super Saver \$29.99

Specialized BigHit FSR

2008
reg. \$2619.99

Super Saver \$1699.99

Specialized Comfort Plus

BG Saddles

Womens Only
reg. \$49.99

Super Saver \$19.99

Polar RS200SD

Heart Rate Monitor
reg. \$289.99

Super Saver \$159.99

Soccer Department



Adidas Sereno PES Suit

Mens
reg. \$89.99

Super Saver \$39.99

Umbro Legend Jacket

Mens
reg. \$79.99

Super Saver \$39.99

Adidas Trofeo All Weather Jacket

Mens
reg. \$119.99

Super Saver \$59.99

Snowboard Department



Nitro, Technine, Roxy, Gnu,

Lib tech, Sapient

Snowboards

Assorted Mens, Womens & Jr
reg. \$229.99 to \$599.99

Super Saver 50% off

Giro Encore

Sm, Med, Lg
Assorted Colors
reg. \$89.99

Super Saver \$39.99

Giro Bad Lieutenant

XS, Sm, Med, Lg, XL
reg. \$79.99

Super Saver \$39.99

Ball Department



Worth Blade EST Slo Pitch Bat

26, 28, 30 oz
reg. \$99.99

Super Saver \$49.99

Easton Synergy Ball Bag

Black, Red, Navy, Royal
reg. \$69.99

Super Saver \$39.99

Miken Tournament Ball Bag

Black / Champagne
reg. \$79.99

Super Saver \$29.99

Easton VRS Batting Gloves

Black / Pink
reg. \$44.99

Super Saver \$19.99

Batting Cage



Easton V12 Baseball Bats

Adult, Senior League, Little League

Super Saver 50% off

MANY MORE SPECIALS IN-STORE, COME CHECK US OUT!

UNITED
Cycle
SPORT
SINCE 1928

United Cycle

7620 Gateway Blvd. N.W
Edmonton, Alberta
780.433.1181
1.800.361.8776

Store Hours

Mon, Tues: 9:30am - 6:00pm

Wed-Fri: 9:30am-9:00pm

Sat: 9:00am-5:30pm

Sun: Closed for a better family lifestyle



Source
for sports.

Experience the new
UNITED *Cycle*
SPORT
SINCE 1928

United Cycle is now open in its new location, just across the parking lot from the old sporting goods store.

We have now doubled in size with over 100,000 sq ft of the gear you want. Come in and experience all of the new features of our store and check out the latest in equipment and apparel from top manufacturers.

Some of our new features are...

- ★ 10 cashier stations to service you faster.
- ★ Try out the equipment before you buy it in our new demo areas.
- ★ United Cycle's Sport Repair now offers 8 Blademaster sharpeners, NHL quality everytime.
- ★ Two commercial sewing machines capable of repairing the toughest of fabric.
- ★ New Team Sale department to ensure your team looks great out on the ice or on the field.

... and so much more!!!



unitedcycle.com | 7620 Gateway Blvd. NW